

## ABSTRACT OF THE DISCLOSURE

In an auto tensioner, a high pressure oil chamber sectioned by a leading end portion of a cylinder and a plunger is provided within the cylinder. A gas chamber and an oil reservoir chamber are sectioned in a sealed manner in an outer periphery of the cylinder and the plunger. A first oil passage communicating the gas chamber with the high pressure oil chamber is provided within the plunger. A second oil passage communicating the high pressure oil chamber with the oil reservoir chamber is provided in the cylinder. The first oil passage is provided with a pressure side damping force generating means, (an orifice hole) and a first check valve closing during expansion. A second check valve closing during compression is provided in the second oil passage, and a locking means (an electromagnetic valve) closing the first check valve is provided.